

# Mental Health Among Adults

Kansas City Area Coalition, 2017



## Frequent Mental Distress

Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **nearly 11 of every 100** Kansas City Area Coalition adults 18 years and older had frequent mental distress.



## Depressive Disorder

Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

In 2017, **21 of every 100** Kansas City Area Coalition adults 18 years and older had depressive disorder.

# Depressive Disorder by Selected Socio-demographic Characteristics, Kansas City Area Coalition

## BY GENDER

Depressive Disorder was significantly higher among **women** compared to **men**.

**26.9%**

**Nearly 27** of every 100 adult women.



**14.8%**

**Nearly 15** of every 100 adult men.

## BY AGE

Depressive Disorder was **significantly higher among persons aged 18-44 years, and 45-64 years** compared to those **aged 65 years and older**.

**22.3%**

**About 22** of every 100 adults aged 18-44 years.

**21.8%**

**Nearly 22** of every 100 adults aged 45-64 years.

**15.3%**

**About 15** of every 100 adults aged 65 years and older.

## BY ANNUAL HOUSEHOLD INCOME

Depressive Disorder was significantly higher among persons with an annual household income of **less than \$35,000 per year** compared to those with **\$35,000 or higher per year**.

**31.4%**



**About 31** of every 100 adults with an annual household income of less than \$35,000 per year.

**17.5%**

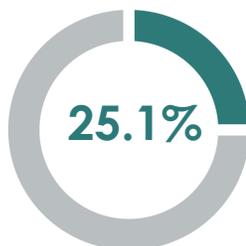


**Nearly 18** of every 100 adults with an annual household income of \$35,000 or higher per year.

# Depressive Disorder by Selected Socio-demographic Characteristics, Kansas City Area Coalition

## BY EDUCATION

Depressive Disorder was significantly higher among adults **with a high school education or less** compared to adults **with some college education or higher**.



**About 25** of every 100 adults with a high school education or less.



**About 19** of every 100 adults with some college education or higher.

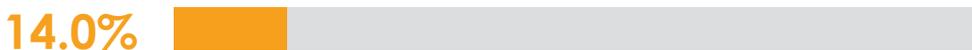
## BY DISABILITY STATUS

Depressive Disorder was **significantly higher among persons living with a disability†** compared to those **living without a disability**.

**Nearly 47** of every 100 adults who reported living with a disability.



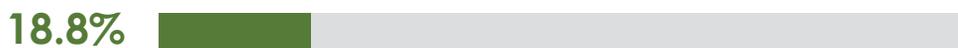
**14** of every 100 adults who reported living without a disability.



## BY OBESITY

Depressive Disorder was significantly higher among adults **who were obese** compared to adults **who were normal or underweight**.

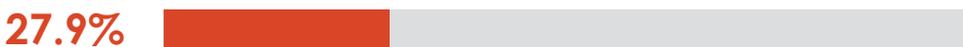
**Nearly 19** of every 100 adults who were Normal or Underweight (BMI<25).



**About 19** of every 100 adults who were Overweight (25<=BMI<30).



**Nearly 28** of every 100 adults who were Obese (BMI>=30).



† Living with a Disability: Respondents who have at least one of the six disability types (hearing, vision, cognition, mobility, self-care, and/or independent living).

# Depressive Disorder by Selected Socio-demographic Characteristics, Kansas City Area Coalition

## BY PHYSICAL ACTIVITY

Depressive Disorder was significantly higher among adults **who were physically inactive**† compared to adults **who were physically active**.



18.6%

**Nearly 19** of every 100 adults who participate in leisure-time physical activity



30.9%

**Nearly 31** of every 100 adults who did not participate in leisure-time physical activity

## BY HEALTH INSURANCE

Depressive Disorder was significantly higher among persons **who were uninsured** compared to those **who were insured**.



**About 20** of every 100 adults who were insured.



**Nearly 29** of every 100 adults who were uninsured.

†Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"